

# DROP 10 MEAL PLANNER- WEEK 1

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BREAKFAST	Avocado 'N Egg Toast	Egg- Vegetable Scramble	Protein Pancakes	Feel Good Overnight Oats	Greek Yogurt Parfait	Energizing Breakfast Smoothie	Blueberry "Mug" French Toast
	Drop 10 Salad	Open-Faced Turkey & Swiss Sandwich	Chicken Caesar Salad Wrap	Veggie Omelet	Quinoa Chickpea Tabbouleh	Curried Chicken Salad with Green Peas	Open-Faced Tuna Melt
DINNER	One Pan Chicken with Roasted Veggies	Baked Fish with Broccoli and Sweet Potato	Cauliflower Fried Rice with Shrimp, Chicken, Black Beans or Tofu	Burger and Fries	Balsamic Chicken	One Skillet Lime-Cilantro Shrimp	Grilled Chicken Parmesan
	½ Cup of Pistachios (in shell)	Celery Sticks + 2 Level Tablespoons Nut Butter	1 Cup Steamed Edamame	¼ Cup Hummus + Veggies	2 Rice Cakes, Each Topped with 1 Teaspoon Nut Butter	4 Cups Light Popcorn	½ Cup Pistachios (in shell)
SNACK (1-2)	String Cheese + Orange	1 Cup Steamed Edamame	¼ Cup Hummus + Veggies	½ Cup Pumpkin Seeds (in shell)	½ Cup Pumpkin Seeds (in shell)	String Cheese + Orange	Apple + 1 level Tablespoon Nut Butter